

NUTRITION NOTES

July – August 2022

Infant Formula Shortage

The U.S. government and partnering organizations are working feverishly to increase the supply of infant formula amidst market and supply chain pressure. Providers can reduce physical, emotional, and financial burdens by ensuring access to accurate information and guiding consumers to nutritionally-sound products and alternatives. Inclusion of nutritionally equivalent premade formula from safe, reliable sources and avoidance of homemade or modified formula is considered best practice. Support and information including formula comparison lists can be found through the American Academy of Pediatrics and the North American Society for Pediatric Gastroenterology, Hepatology & Nutrition, and of course, your team at Banister Nutrition.

FDA Approves Mounjaro: A New Drug for Treatment of Type 2 Diabetes

Mounjaro (tirzepatide), a once-weekly injectable, was recently approved by the FDA for the management of blood sugar in adults with type 2 diabetes, in addition to diet and exercise. This first-in-class medicine activates both the Glucagon-like peptide-1 (GLP-1) and the glucose-dependent insulinotropic polypeptide (GIP) hormones involved in blood sugar control, which has been shown in studies to more effectively lower HbA1c compared to other treatments. Similar to drugs of its kind, GI disturbances are common, which magnifies the need for a comprehensive care plan that addresses all factors including but not limited to diet, exercise, medication, medical history, and individual health goals.

Magnesium

An analysis of data from the National Health and Nutrition Examination Survey of 2013-2016 found that 48% of Americans of all ages ingest less magnesium from food and beverages than the Estimated Average Requirement. Concerns for supplement-specific medication interactions, including those seen with PPIs, diuretics, antibiotics, and bisphosphonates, further emphasized the need for education and access to magnesium containing foods and beverages as a principal approach to deficiency prevention and treatment.

Postbiotics – Probiotic Metabolites

Recent research on the gut microbiome has led to the identification and characterization of specific metabolic byproducts of probiotics, called postbiotics. Due to their specific chemical structure, safe profile, long shelf-life, and various signaling molecules, postbiotics may have anti-inflammatory, immunomodulatory, and antihypertensive properties, inhibiting abnormal cell proliferation and antioxidative activities. While more research is needed, their therapeutic, pharmaceutical, and functional food applications may offer additional benefits beyond the symbiotic relationship of prebiotics and probiotics.